



YOSHON QUICK REFERENCE GUIDE 5781

BASED ON THE PRELIMINARY GUIDE OF RAV YOSEF HERMAN ZT" L | Current as of September 2, 2020

Please check our website [weekly](#) for updates as info is subject to change

INGREDIENTS THAT ARE OF CONCERN:

- Any type of **Grain** (Wheat, Barley, Oats)
- **Grain Flour** (Wheat, Barley, Oats)
- **Malt**
- **Wheat Germ**

INGREDIENTS THAT ARE NOT OF CONCERN:

- **Spelt** (in/from USA and Canada)
- **Rye**
- **Maltodextrin** (USA only; Europe may be chodosh)
- **Food Starch**
- **Yeast**

PRODUCTS THAT ARE ALWAYS YOSHON:

- All **Israeli products** with reliable hashgochah are Yoshon.
- All **products outside of E"Y** with the following Hashgochos are always Yoshon:
 1. Rabbi O.Y. Westheim of Manchester
 2. Kedassia of London
 3. Rabbi Schneebalg
- **Soy, Teriyaki and Tamari** sauces are always Yoshon.

THE FOLLOWING ARE YOSHON IF PURCHASED PRIOR TO THE DATES LISTED:

IF PURCHASED AFTER, SEE THE NEXT SECTION

- **Soft FRESH baked goods** (bread, rolls, bagels, pizza, soft pretzels – Aug 19, 2020)
- **Soft PACKAGED baked goods** – Aug 19, 2020
- **Noodles and Pasta** – Aug 20, 2020
- **Barley** – Aug 20, 2020
- **Oats** – Aug 6, 2020
 1. Oats Cereals (General Mills)– Sept 1, 2020
 2. Other Oat Cereal Companies – Aug 6, 2020
- **Malt** – Yoshon until Mar 15, 2020
- **Beer** – Dec 15, 2020

AFTER THE ABOVE DATES, USE THE CODES BELOW:

THE CODE LISTED IS THE LATEST CODE FOR Yoshon. (If the item is dated with the date below or earlier, it is Yoshon. If later, it is assumed to be Chodosh)

Note: A number like 2279 is the Julian date; 227 is the day of the year and 9 is the year. 2279 is Aug 15, 2019. So the code in such a case can be 227 or a lower number.

BAKED PRODUCTS

1. **Betty Crocker Mixes** – Aug 12, 2021
2. **Cookies and Crackers**

Kemach

- **Grahams** – Yoshon
- **Cookies** – w/o oats - All Yoshon, w/ oats - Feb 24, 2021
- **Breadsticks** – Sept 15, 2021
- **Flat breads** – Sept 23, 2021
- **Ice Cream Cones** – All Yoshon
- **Other Kemach products** – with Yoshon label only
- **Blooms Cookies** – All Yoshon

3. **Duncan Hines Mixes**

- **Brownies, Cookies, Muffins** – Feb 6, 2022

- All other mixes – Aug 6, 2021
- 4. **Matzo** (including **Matzo Meal**)– All are Yoshon
- 5. **Hard Pretzels and Snacks**
 - **Haddar** – with Yoshon label only
 - **Herr's** – Oct 29, 2020
 - **Landau's** – Aug 6, 2021, w/ oats – Jan 23, 2021
 - **Lieber's** – All Yoshon
 - **New York Pretzels** – Aug 6, 2021
 - **Utz Honey Wheat** – Nov 26, 2020
 - **Pringles** (some contain wheat) – code L0219
 - **Wise** –
 - .75 oz. & 1.75oz: Dec 24, 2020
 - 3.25 oz: Nov 19, 2020
 - 8.75 oz.: Oct 29, 2020
 - **Golden Fluff** – All Yoshon
 - **Kitov** – August 6, 2021
 - **Snack Factory** – August 6, 2021
 - **Blooms** – All Yoshon

6. **Soft Pretzels** – Aug 6, 2020

7. **Stella D'oro**

- **Breakfast treats, toast and biscotti** – Feb 2, 2021
- **Sponge Swiss Fudge Cookies** – Dec 4, 2020
- **100 Calorie Packs** – Apr 2, 2021

8. **Waffle & Pancakes**

- **Aunt Jemima (dry mixes)** – all w/o malt are Yoshon. If contains malt: Pancakes – Sep 15, 2021, Waffles – Dec 15, 2021.

- **Frozen** – Pancakes – May 6, 2021, Waffles – Aug 6, 2021
- **Eggo Waffles and Pancakes** - if contain oats - Nov 18, 2021. If just wheat - Nov 18, 2020. Single serve packets of Thick & Fluffy French Toasts and the Pancake Bites have a code of Aug 6, 2021)

BAKING SPRAY WITH FLOUR (If they do not have flour, there is no concern):

1. **Baker's Joy** and **Crisco** are Yoshon
2. **Mishpacha** – All Yoshon
3. **Pam** – Aug 6, 2022
4. **Glicks** – 21920 (these numbers are in the middle of the code)

BARLEY

1. **Eden/B'Gan** – With Yoshon Label Only
2. **Gefen** – All Yoshon
3. **Giant/Stop & Shop** – Aug 9, 2021
4. **Jack Rabbit** – Aug 9, 2021
5. **Mishpacha** – All Yoshon
6. **Quaker** – Jan 31, 2021
7. **Unger** – All Yoshon

BEER

If it has a production code, then it should pre-date Nov 15. If no code, may be purchased and assumed Yoshon until after **Dec 15, 2020**.

We have precise info for the following beers:

1. **Bud** – "Born on March 15, 2021"
2. **Heineken** - Nov 15 2021
3. **Coors** – 3 15 21
4. **Miller** – 4 14 21
5. **Sam Adams** – exp. May 2021 is already Chodosh

BREAD AND CORN FLAKE CRUMBS

1. **Gefen** – All Yoshon
2. **Jason** – 2192 or Aug 6, 2022
3. **Kellogg's** – Dec 15, 2022
4. **Kineret (Made in Israel)** – All Yoshon
5. **Lieber's** – All Yoshon
6. **Mishpacha** – All Yoshon
7. **Kikkoman Panko** – 219AH or Feb 4, 2022
8. **BGan** – with Yoshon label only

OATMEAL, CEREALS, CEREAL BARS, GRANOLA BARS

Check ingredients. Use earliest date. (e.g., if General Mills cereal contains barley, the date to use is Aug 18, 2021. For oats, use Sept 20, 2021).

1. **Barbara**
 - Oats – July 24, 2021
 - Wheat – Aug 6, 2021
 - Original – Jun 4, 2021
 - Multigrain bars – Apr 24, 2021
2. **Cascadian Farms**
 - Cin. Raisin Granola – Mar 23, 2021
 - Raisin Bran, Purely O's – Apr 23, 2021
 - Hearty Morning, Clifford Crunch, Honey Granola, Honey Nut O's – May 24, 2021
3. **Cream of Wheat** – Aug 6, 2022
4. **General Mills** - Purchased before Sept 1, 2020 are Yoshon
5. **Kashi**
 - Oats – Jul 24, 2020
 - Wheat – Aug 6, 2021
 - Kashi Golean Roll! – March 29, 2021
 - Kashi Soft Cereal Bars – Apr 27, 2021
 - Kashi Pilaf – July 24, 2021
 - Kashi Cookies – Jan 25, 2021
6. **Kellogg's** (If made in Europe – all Yoshon)
 - Oats– July 24, 2021
 - Wheat– Aug 6, 2021
 - Barley– Aug 9, 2021
 - Malt– Dec 15, 2021
7. **Kemach** – No info yet
8. **Malt-O-Meal**– Each cereal has a different amount of time from packing to expiration. Use the list below to determine the date of how long before expiration code the cereal was produced.
 - **Containing oats only** – Jul 24, 2020 packing date
 - **Containing wheat only** – All Yoshon
 - **Containing barley only** – Aug 9, 2021 packing date
 - **9 months from production**– Marshmallow Maties, Berry Colossal Crunch
 - **10 Months from Packing**– Blueberry Muffin Tops, Cinnamon Toasters, Honey Graham Squares, Coco Roos, Honey Nut Scooters
 - **12 Months from packing**– Apple Zings, Tootie Fruities, Honey & Oat Blenders, Honey Buzzers, Cocoa Dyno Bites, Corn Flakes, Frosted Mini Spooners, Raisin Bran, Golden Puffs, Frosted Flakes, Corn Bursts Crispy Rice.
 - **15 Months**– Hot Wheat Malt-O-Meal-Chocolate and Maple & Brown Sugar
 - **18 Months**– Quick Rolled Oats
 - **24 Months**– Hot Wheat Malt-O-Meal-Original
9. **Nature Valley**– Jul 31, 2021 (except if produced in South America)
10. **Post**
 - Oats– Purchased before Sept 1 are Yoshon
 - Wheat– Yoshon
 - Barley– Aug 9, 2021
 - Malt– Dec 15, 2021

11. **Quaker** (USA. In E"Y and EU with KF hechsher are all Yoshon)
 - Chewy Granola Bars– Mar 20, 2021
 - Chewy Granola Bars 25% Less Sugar, Oatmeal to Go Bars, Soft Baked Bars, Oatmeal Express– Jan 20, 2021
 - Life– Jul 18, 2021
 - Oats (rolled, instant oatmeal)– Jan 14, 2022
12. **Shoprite**
 - Hot Cereal:
 - Oat Cereal & Oatmeal– info not available
 - Wheat– info not available
 - Cold Cereal: Info not available
13. **Stop & Shop / Giant**
 - Cereal
 - **With oats**– July 24, 2021
 - **With wheat**– Aug 6, 2021
 - Oatmeal– July 24, 2021
14. **Walmart**
 - Quick Oats– Jan 19, 2022
 - Bran Flakes– Aug 6, 2021

CHOW MEIN NOODLES

1. **Eden**– with Yoshon label only
2. **Kemach**– with Yoshon label only
3. **Streit's**– All Yoshon unless labeled chodosh
4. **Lieber's**– Currently Yoshon
5. **Mishpacha**– Not Yoshon
6. **La Choy** – no info

COUSCOUS

1. **Hodgson Mills**– Aug 13, 2021
2. **Near East**– Aug 6, 2021
 - with barley only– Aug 9, 2021

EGG ROLL/WONTON WRAPPERS

1. **Gefen Egg Roll and Won Ton Wrappers**– ##0620HX (# is an irrelevant number, H is 8th letter of alphabet and corresponds to Aug)
2. **Golden Bowl Won Ton Wraps**– code 062008
3. **Spring Roll Wrappers** - Aug 6, 2021
4. **Dependable**– All Yoshon
5. **Nasoya Egg Roll and Won Ton Wrappers**– Sept 26, 2020
6. **Won Ton Food Co.**– code 80620 (letters are irrelevant)
7. **BGan** – with Yoshon label only

FLOUR

1. **All Purpose Flour**
 - **Dependable**– With Yoshon stamp only
 - **Giant/Stop & Shop**– Aug 6, 2021
 - **Glicks**– With Yoshon label only
 - **Gold Medal**– All is Yoshon (malt Jun 25, 2022) Only from KC Mill. Other Mills Feb 23, 2022
 - **Heckers***– contains malt – Jun 15, 2022 *All Yoshon
 - **Kemach**– All Yoshon
 - **King Arthur**– 5lb bags Aug 6, 2021 50lb bags Aug 6, 2020
 - **Mishpacha**– All Yoshon
 - **Pillsbury**– Feb 6, 2022
 - **Shoprite**– Aug 6, 2021
 - **Target Market Pantry Flour** – All purpose unbleached flour is Yoshon. For malt - Dec 15, 2021.
2. **Whole Wheat Flour**
 - **Dependable**– With Yoshon stamp only
 - **Gold Medal**– Feb 8, 2021
 - **Heckers**– Aug 6, 2020

- **Kemach**– All Yoshon
- **King Arthur**– Aug 6, 2021. 50 lb bags– Aug 6, 2020
- **Mishpacha**– All Yoshon
- **Pillsbury**– Aug 6, 2021
- **Target**– Whole wheat flour and bleached flour has a Chodosh code of Aug 6, 2021.

3. Bread Flour (High Gluten Flour)

- **Dependable**– with Yoshon stamp only
- **Glicks**– With Yoshon label only
- **Gold Medal**– Are all Yoshon. Malt Jun 6 22 Only from KC Mill. Others Mills are Feb 23, 2022
- **Kemach**– All Yoshon
- **King Arthur**– Aug 6, 2021
- **Mishpacha**– All Yoshon
- **Pillsbury**– Aug 6, 2021
- **Trader Joe's** – Aug 6, 2021
- **Heckers** - Yoshon

FROZEN/MISC.

1. **Alle/Meal Mart Frozen Products**– All are Yoshon
1. **Apollo Fillo Dough**– Aug 6, 2021 or 2191
2. **Aunt Jemima**
 - Pancakes– May 6, 2021
 - Waffles– Aug 6, 2021 or 21958
3. **Dr. Praeger:If contains:**
 - Oats – July 24, 2022
 - Wheat – Aug 6, 2022
4. **French's French Fried Onions:** Aug 6, 2022
5. **Golden**
 - Blintzes– code Aug 6, 2022
 - Potato pancakes– All Yoshon (except spinach & broccoli)
6. **McCain** Fries (that contain flour, e.g. spicy fries): Aug 6, 2021
7. **Shindler's Products**– All are Yoshon
8. **Tofutti Cuties**– Code 2190
9. **Trader Joe's Potato Pancakes**– All Yoshon (plain only)
10. **Ungar's Fish**– AU2006

KISHKE

1. **A&B**– with Yoshon label only
2. **Benz's**– All Yoshon
3. **Meal Mart**– All Yoshon
4. **Unger's**– All Yoshon

LICORICE/CANDY

1. **Darrell Lea**– Sept 21, 2021
2. **Twizzler's** (H&S Candy/Hershey)– Yoshon
3. **Joray Fruit Rollups**– 2190
4. **Jolly Ranchers**– Yoshon

NOODLES/PASTA

1. **Barilla**
 - Plus Pasta– July 31, 2022
 - Whole Grain– Feb 20, 2022
 - Lasagna– Apr 20, 2022
 - Other pastas and orzo– Apr 20, 2023
2. **California Delight**– All Yoshon
3. **Eden**– With Yoshon label
4. **Gefen**– Only with Yoshon on label
5. **Giant/Stop & Shop**– Aug 20, 2023
6. **Goodman's**
 - Pasta– Aug 20, 2023
 - Egg noodles– Aug 20, 2022
7. **Kemach**
 - Egg noodles– with Yoshon stamp only

- Other pasta products– Sep 24, 2022
8. **Manischewitz**– Aug 20, 2022 or 2321
 9. **Mishpacha**– (EXCEPT chow mein) – All Yoshon
 10. **Mother's**– code 2322
 11. **Mueller & San Giorgio**
 - Egg noodles– Aug 20, 2022
 - Pasta– Aug 20, 2023
 12. **Ralph's**– Aug 20, 2023
 13. **Savion**– P2250
 14. **Shoprite Pasta:** 08 20 22
 15. **Streit's**– All Yoshon (except chow mein)
 16. **Sysco**– code 20080
 17. **Walmart**– no info. Call company with code on package. If produced before Aug 13, 2021 it is Yoshon.

PIE CRUSTS/PASTRY DOUGH

1. **Apollo Fillo Dough**– Aug 6, 2021
2. **Gefen Pie Crusts**– Aug 6, 2021
3. **Glicks Graham Cracker Pie Crusts**– Aug 6, 2021
4. **Keebler Pie Crusts**– Aug 6, 2021
5. **Kemach**
 - Chocolate– With Yoshon label
 - Graham– August 7, 2021
6. **Mechel's**– All Yoshon
7. **Mishpacha Pie Crust**– All Yoshon
8. **Mother's Graham Cracker Pie Crust**–code 1219
9. **Pepperidge Farm**– no info. Call company with code on package. If produced before Aug 6, 2021 it is Yoshon.
10. **Ungar's Pastry Dough**– Yoshon

SOUP/SOUP MIXES

1. **Kedem**– 0216
2. **Kemach**
 - Onion, split pea– All Yoshon
 - Vegetable – H9301
 - Minestrone – H9303
3. **Lieber's**– Yoshon
4. **Manischewitz**
 - Barley– Aug 9, 2020 or 2221
 - Noodle/Pasta– Aug 20, 2020 or 2321
5. **Mishpacha Matzo Ball Mix** – All Yoshon
6. **Osem**– All Israeli products are Yoshon
7. **Shoprite**
 - Soup mixes– Feb 6, 2022
 - Canned (except tomato)– Aug 6, 2022
 - Canned Tomato Soup– Feb 6, 2022
8. **Streit's**– All Yoshon
9. **Tradition**– N0219 or Aug 6, 2022

VINEGAR

1. **Regular Vinegar** has no Chodosh concern.
2. **Malt, Tarragon, or Salad Vinegar** (purchased after Dec 15, 2020)
 - Heinz– Malt vinegar – code 1571
 - Tarragon and Salad– code 3401